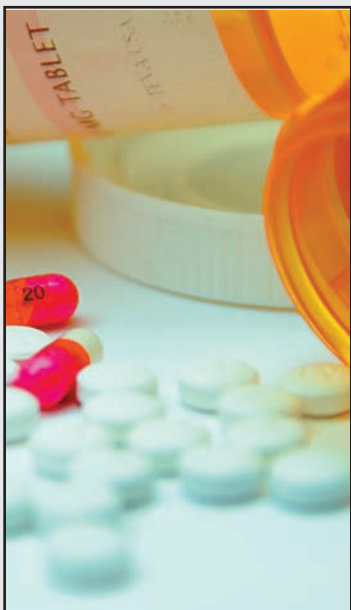


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The Fort Jackson Leader

Thursday, March 1, 2012

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www.jackson.army.mil



Hiring heroes

Businesses target veterans at job fair

By **WALLACE McBRIDE**
Fort Jackson Leader

A national effort to connect members of the armed forces and their families with jobs will be setting up shop on Fort Jackson next week.

The Hiring Our Heroes Job Fair is de-

signed to allow active duty, Reserve and National Guard service members, retirees, veterans, Department of the Defense civilians and their families access to employers interested in their skills and experience.

The event takes place from 10 a.m. to 4 p.m., March 6 at the Solomon Center.

According to the Bureau of Labor Statistics, the rate of unemployment for military

veterans increased from 11.5 percent in June 2010 to 13.3 percent in June 2011. These numbers could potentially increase as service members return from Iraq and Afghanistan during the next five years.

"The goal of Hiring Our Heroes is to help out veterans and military spouses to find

See **JOB:** Page 7

Travel Extravaganza



Photo by **WALLACE McBRIDE**

Shane Rowan, left, sales manager for Medieval Times in Myrtle Beach, stamps "passports" for visitors to the annual Travel Extravaganza event Monday at the Solomon Center. More than 30 vendors were invited to promote travel opportunities available at Victory Travel Center. The estimated 500 visitors to the event were asked to have a special passport stamped by the different vendors, which entered them into a prize drawing later in the day.

Women have superb history in Army

The Army has made tremendous strides throughout history and particularly in recent decades regarding the role of women in uniform. We have evolved from women augmenting the force as nurses to establishing the Women’s Army Auxiliary Corps in World War II, to integrating women into the regular Army as equals.

The month of March is designated as Women’s History Month, and this provides us with an opportunity to recognize and honor the sacrifice, commitment and accomplishments of women throughout our nation’s history.

Recently, the Army announced plans to open six additional Military Occupational Specialties to women — artillery-related MOSs that were previously closed to women because they were co-located with direct combat units. This important change will open 13,000 duty positions to female Soldiers. This latest policy change represents another step in the evolution of policy for women in military service. The last major policy change, titled the Direct Ground Combat Definition and Assignment Rule, happened in 1994 and it opened tens of thousands of positions to women but kept in place the prohibition from serving in combat units below the brigade level.

The roles of women in military service were initially quite limited. They nursed the ill and wounded, laundered and mended clothing, and cooked for the troops in camp on campaign, performing all of these services that did not exist among the uniformed personnel within the Army until the 20th Century. However, many women distinguished themselves on the battlefield in roles that today

**MAJ. GEN.
JAMES M. MILANO**

*Fort Jackson
Commanding
General*



would be considered direct combat.

Mary Ludwig Hays McCauley gained the nickname “Molly Pitcher” in 1778 by carrying water to men on the battlefield in Monmouth, N.J. She even replaced her husband, William Hays, when he collapsed at his cannon. Harriet Tubman is well known for her work on the Underground Railroad before the Civil War. Fewer people know, however, that Tubman organized and led a group of scouts (freed slaves) under the direction of Gen. Rufus Saxton in the Beaufort area in 1863.

In World War II, more than 639 medals were presented to members of the Women’s Army Corps, to include the Distinguished Service Medal, Legion of Merit, Soldier’s Medal, Bronze Star, Air Medal, and the Purple Heart. Female Soldiers have distinguished themselves during the campaigns in Iraq and Afghanistan. Sgt. Leigh Ann Hester, Military Police, Iraq, 2005, and Spc. Monica Lin Brown, Army Medical Department, Afghanistan 2007, received the Silver Star for acts of valor.

According to the latest available statistics, women

serve in 91 percent of all Army occupations and make up roughly 14 percent of active duty and National Guard Soldiers; in the Army Reserve, the number jumps to roughly 24 percent.

Progress has been slow but an increasing proportion of senior-level active duty and DoD positions are being filled by women. The percentage of female Army officers who are active duty and in grades O-4 and above increased from 11.5 percent in 1995 to 13.3 percent in 2009. The same holds true for active duty women in grades E-7 through E-9, who went from 8.3 percent in 1995 to approximately 10.8 percent in 2009. In the grades GS-13 through senior executive service, the percentage of women increased significantly, from 18.9 percent in 1995 to roughly 31 percent as of three years ago.

Although women comprise a small proportion of senior graded positions, some important glass ceilings have recently been shattered. On Nov. 14, 2008, Ann E. Dunwoody became the first woman in U.S. military history to achieve the rank of four-star general. More recently, on Dec. 7, Lt. Gen. Patricia Horoho, became the first woman and first non-physician to become the Army’s Surgeon General.

We will culminate our Women’s History Month celebration March 23 at the Solomon Center with a luncheon, hosted by Moncrief Army Community Hospital, from 11:30 a.m. to 1 p.m. The guest speaker will be the chief warrant officer of the Adjutant General Corps, Chief Warrant Officer 5 Coral J. Jones. I look forward to seeing you there!

Army Strong and Victory Starts Here!

The Fort Jackson **Leader**

Fort Jackson, South Carolina 29207

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Retiring from service



Photo by JAMES ARROWOOD, command photographer

From left, Sgt. Maj. Sandra Hightower Smith, 1st Sgt. Darrin Stoner, Master Sgt. David Shannon II and Staff Sgt. Andre Wells are honored in a ceremony Tuesday in front of headquarters. The four Soldiers retired from the Army after a combined 114 years of service.

Training Soldiers in a digital age

Army training manuals to be available on smart devices

By **WALLACE McBRIDE**
Fort Jackson Leader

The Soldier Support Institute is in the process of converting dozens of training modules to digital formats that can be read on smart devices, an initiative that is expected to have a profound impact on Soldier training.

"We've done about 20 publications so far," said Steve Northrop, chief of the SSI's education technology branch. "Everything we are transforming is being used in one of the courses here or being published within the institute. Around 40 to 50 documents will be converted by the end of the year."

The ePub/Mobi initiative at the SSI was launched in conjunction with Connecting Soldiers To Digital Applications, a program established to explore the value of using smart devices to provide Soldiers with applications for select administrative, training and tactical functions. Northrop said a problem with previous approaches to putting Army regulations on smart devices was that stand alone applications were being built, forcing Soldiers to download a new app for every publication.

The ePub/Mobi initiative creates mobile documents that work with current e-readers that come with the Soldier's device. This approach allows the Soldier to have a library of documents in one central location and to take advantage of all the interactivity that the e-reader offers.

"Android and Apple smart devices already come with a free e-reader on them and you know (they) were coming

THE DIGITAL FORMATS



EPUB (short for electronic publication) is a free and open e-book standard geared toward e-readers available for your smart devices.



MOBI is a Mobipocket e-book file meant for specific e-readers like the Kindle or Blackberry smart devices.



Portable Document Format (PDF) is designed to enable printing and viewing of documents with all their formatting. Best suited for computers versus smart devices.

from a credible source," Northrop said.

The ePub initiative makes three different formats available to Soldiers: ePub, which, among others, works on Apple smart devices; Mobi, which works on Blackberry and Kindle; and the traditional PDF file, which works on many platforms.

"As we were developing the (ePub and Mobi files) we saw that the PDFs that were being produced by Army Publishing Directorate weren't always hyperlinked. They were screen shots of pages. You couldn't search against them or anything," he said.

The device-friendly PDF files supplied through the ePub initiative will be interactive, he said.

The primary goals of the initiative are to provide additional training materials to Soldiers without personal cost, and to make training literature accessible from anyplace.

The ePub initiative is also part of the larger U.S. Army Learning Concept for 2015, which is working to create a learner-centric environment for Soldiers.

"We will be using smart practical exercise which generates new practical exercises," Northrop said. "You never get the same practical exercise twice. Within the institute it's raised the learning level; outside it's done the same for refresher training. The practical exercise will take them through the simulation so they can get that muscle memory back."

There are currently two CSDA pilot programs for digital application initiatives at SSI. They are partnering with the Adjutant General School to pilot the Human Resource Plans and Operations residence course, and with the Financial Management School to produce a pilot geared toward Advanced Individual Training for financial management technicians. The program for Human Resource Plans and Operations launched in January while the second pilot program is set to begin in September.

Milton.W.McBride.ctr.@us.army.mil



Tax filing made easy

Billie Baker, an Army retiree, discusses her tax documents with Staff Sgt. R.J. Morales, assistant noncommissioned officer in charge of the Fort Jackson Tax Center. Since opening in January, the tax center has helped hundreds of Soldiers, retirees and family members to file their taxes for free. The staff is certified and trained by the Internal Revenue Service. Customers should bring their military ID and all pertinent tax documents, including the previous year's return, if possible. The center is open from 10 a.m. to 7 p.m., Monday through Friday. To schedule an appointment, call 751-5829.

Photo by SUSANNE KAPPLER

Teens support Red Cross mission

By DENISE CUENIN
American Red Cross

Since its founding in 1881, the American Red Cross has responded in all types of natural disasters and emergency circumstances related to war. When these emergencies happen, the Red Cross is often mentioned in headlines. However, many Red Cross volunteers quietly help out in communities doing mundane, day-to-day work such as assisting patients in outpatient clinics.

At Fort Jackson, the Red Cross youth organization, called American Red Cross "VolunTEENS" is thriving, and making real contributions to the community. The school year program, which runs from September to June, is for high school and middle school students at least 13 years old.

Monthly service projects are the center of the activities, but fun and new experiences are included as well. Last year, the group volunteered for Harvest Hope Food Bank, the fire safety festival and the annual holiday tree lighting ceremony. In January the group provided information to patients at Moncrief Army Community Hospital on how to prevent influenza and what to do if infected with the flu. In February, the Vol-



Courtesy photo

Red Cross VolunTEENS are all smiles as they provide influenza information at Moncrief Army Community Hospital.

unTEENS delivered handmade Valentine's Day cards to patients at the Dorn VA Medical Center as part of the annual "Valentines for Vets" event.

Red Cross Month

The group is scheduled to conduct a second service day at Harvest Hope, which will be supported by both the VolunTEENS and their families.

Two of the VolunTEENS, Cody Gorski and Johannah Deguit, had their first experience when the group visited Scales Avenue Child Development Center and presented a Red Cross program that included a skit to promote healthy hand-wash techniques. Fueled by the positive experiences, Cody and Johannah applied for the summer session at MACH.

During the summer months, VolunTEENS work at MACH doing a variety of things to help out. The summer program provides opportunities and service hours for teens interested in the medical field. They gain experience and the opportunity to give back to the Fort Jackson community.

The summer VolunTEEN program is open to volunteers 14 to 19 years old. Those interested can pick up an application at the Fort Jackson Red Cross Office or can request an application by emailing JacksonRedCross@yahoo.com beginning April 1.

Slots are limited and preference is given to students interested in medical careers. An orientation for the summer program is scheduled for the beginning of June and teens are expected to commit to volunteering for about six weeks.

Black History Month celebrated



Photos by JAMES ARROWWOOD, command photographer

Left, Constella-Hines Zimmerman, Webster University, addresses the crowd at the Fort Jackson Black History Month luncheon Friday at the Solomon Center. Above, the Allen University Choir performs. Other performers were Ke'Asia Edwards and Staff Sgt. Krishaun Williams. The theme for this year's event, which was sponsored by the 165th Infantry Brigade, was "Black Women in American Culture and History."

Housing Happenings

COMMUNITY UPDATES

- ❑ Rental rates for Pierce Terrace 5 and 7 changed Feb. 21. Current residents will receive renewal letters upon lease expiration. For more information, call 738-8275.
- ❑ Children must wear a properly-fastened helmet while using bicycles, scooters, skateboards, roller skates and similar equipment. The use of headphones or earphones while using these devices is prohibited. If you see children without proper headgear or using headphones, encourage them to get in compliance or report the issue to the Management Office. After duty hours, call the Military Police desk at 751-3115.
- ❑ Refer someone to move on post to receive \$200.
- ❑ To nominate a child for the "Distinguished Child Award," email ayoungblood@bbcgrp.com.
- ❑ LifeWorks events are reserved for on-post housing residents unless otherwise indicated. For questions, comments or suggestions, email ayoungblood@bbcgrp.com.
- ❑ Garden plots on Gilmer Court are now available to on-post residents. For more information, call Valerie Kinsley at 751-7126.
- ❑ Residents are reminded to leave their trash cans curbside the night before service is scheduled. Once your trash can has been emptied, be sure to stow it away properly.

FOR THE RECORD

In last week's article on Page 2, Coral Jones should have been identified as the first African American female to be promoted to Chief Warrant Officer 5 in the active Army Adjutant General Corps.

SPECIAL WORSHIP SERVICES

The following special worship services have been scheduled:

- ❑ **Wednesdays**
— Stations of the Cross (Catholic): 5:30 p.m., Main Post Chapel, followed by bread and soup meal
- ❑ **Sundays**
— Eucharist (Catholic): 8 a.m., Solomon Center
- ❑ **Monday-Thursday**
— Eucharist (Catholic): 11:30 a.m., Main Post Chapel (except on training holidays)

Smart ways to use tax refund

FINANCIAL ADVICE

By ANGELA CROSLAND
Army Community Services
Financial Readiness

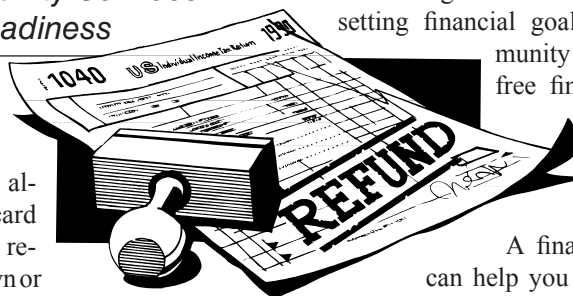
Many people use their tax returns to pay for vacations, restaurant dining, luxury items and electronics. Although it may be tempting, spending your extra funds on these types of things may not be the best use for your money.

People often treat tax refunds as an expected windfall, and in many cases spend the money before they receive it. Others use their anticipated tax refund as a way to pay for holiday spending from previous months. Some even forego paying or are late paying bills because they plan to "catch up" when they receive their refund.

A better idea is to use a portion of your tax refund to start your holiday spending account for the upcoming season. Planning now will give you nearly 10 months

If you are using your refund to catch up on monthly living expenses such as utility bills, automobile payments or rent, you may be heading down the road to financial disaster. Financial counseling can help with assessing financial stability and with setting financial goals. Army Community Services offers free financial counseling and classes to members of the military community.

A financial counselor can help you plan a monthly budget and set smart financial goals. To set an appointment or speak with a counselor, call 751-5256.



Helpers visit Scales



Photo by SUSANNE KAPPLER

Capt. Marla Washington, Army Public Health Nursing, interacts with Leah Thierry, 1, right, who demonstrates how to cover your mouth when sneezing. Washington read the book, "Germs are not for Sharing," to children in the multi-age toddlers and pre-toddlers class at Scales Avenue Child Development Center Monday. The reading was part of the CDC's Community Helpers program, which brought in Soldiers and civilians from different agencies throughout February to share aspects of their work with the children. Visitors included Military Police, the Fire Department, Soldiers and dentists.

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Job fair scheduled for Tuesday

Continued from Page 1

meaningful and solid employment,” said Carolyn Andrews, transition services manager for Fort Jackson. “We have all sorts of job providers, including private, public, contracting and non-profit organizations. We have about 85 employers and 15 service providers attending.”

Ike McLeese, president and CEO of the Greater Columbia Chamber of Commerce, said the event was not tailored to meet specific skills and talents. Instead, organizers decided to open participation to any business that wanted the opportunity to hire employees with military backgrounds.

“We just put the word out there for anybody,” McLeese said. “We’ve carved out a space for 85 businesses ranging from manufacturers to high-tech companies to real estate companies, colleges and universities looking for instructors ... it runs the gamut.”

Employers were invited only if they had immediate job openings, Andrews said.

People interested in attending can up-

load their resume so that potential employers can review them prior to the event. Register online at hoh.greatjob.net/sc.

“People should bring their resumes but we encourage them to pre-register online,” Andrews said. “Employers will have the opportunity to see their resumes prior to the event.”

McLeese indicated that the event promises to be well attended.

“We’ve already have more than 500 Soldiers or veterans signed up,” McLeese said. “We’re already booked for employers and have a waiting list. We’re very pleased with the response from both employers and veterans. We have companies coming here from all over the state.”

Columbia’s relationship with Fort Jackson goes back more than a century, McLeese said. The local government raised money in 1911 to purchase the land, giving the deed to the U.S. War Department with the hope it would, some day, lead to the establishment of a military installation. That vision became a reality in 1917 and, today, Fort Jackson attracts

more than 75,000 visitors to the city every year, most of them family members of Soldiers participating in Basic Combat Training.

Naturally, he’d like to see many of those people settle down in Columbia after leaving the military.

“Our goal is to make the Columbia area the most military friendly city in the United States,” McLeese said.

The U.S. Chamber of Commerce launched its Hiring our Heroes program in early 2011, a yearlong nationwide effort to help veterans and their spouses find employment. While the main focus of the effort is to conduct 100 hiring fairs for veterans and military spouses in local communities across the country, it has also created strategic partnerships to deal with specific populations of veterans and their unique challenges in three other areas: a Wounded Warrior Transition Assistance Program, a Student Veterans Internship and Employment Program, and a Women Veterans and Military Spouses.

Milton.W.McBride.ctr@us.army.mil

News and Notes

AER CAMPAIGN TO BEGIN

The Fort Jackson Army Emergency Relief campaign will officially launch with an event at 10 a.m., today at the Joe E. Mann Center. The campaign will run from March 1 through May 15. For more information, call 751-2757.

JOB FAIR SCHEDULED

A “Hiring Our Heroes Job Fair” is scheduled from 10 a.m. to 4 p.m., Tuesday, at the Solomon Center. The job fair is open to active duty, National Guard and Reserve service members, retirees, veterans, DoD civilians and family members. Job seekers are asked to register at www.uschamber.com/veterans/events by Feb. 28.

SSI CHANGE OF COMMAND SET

The Soldier Support Institute Change of Command ceremony is scheduled for 10 a.m., March 8, at the Officers’ Club. Brig. Gen. Mark McAlister will relinquish command to Brig. Gen. David MacEwen.

WOMEN’S HISTORY EVENT SET

The installations’ Women’s History Month luncheon is scheduled from 11:30 a.m. to 1 p.m., March 23, at the Solomon Center. The guest speaker will be Chief Warrant Officer 5 Coral Jones.

New citizens



Courtesy photo

Three Army chaplains with the U.S. Army Chaplain Center and School are among the nation’s newest citizens. From left, Chaplain (Capt.) Alner Nambatac, Chaplain (1st Lt.) Pawel Zemczak and Chaplain (1st Lt.) Hyung Choi were sworn in at Fort Jackson Feb. 22.



Friday, March 2 — 4 p.m.
Gnomeo & Juliet PG

Friday, March 2 — 7 p.m.
Haywire R

Saturday, March 3 — 4 p.m.
Underworld Awakening R

Sunday, March 4 — 2 p.m.
Red Tails PG-13

Friday, March 9 — 4 p.m.
Tangled PG

Friday, March 9 — 7 p.m.
Extremely Loud and Incredibly Close PG-13

Saturday, March 10 — 4 p.m.
Man on a Ledge PG-13

Sunday, March 10 — 2 p.m.
Big Miracle PG

Adults: \$4.50
Children (12 and younger): \$2.25

For more listings, visit www.aafes.com or call 751-7488.



Follow the Leader on Twitter at www.twitter.com/fortjacksonpao for breaking news and updates.



Photos by Staff Sgt. Mylinda DuRousseau, Third Army/ARCENT Public Affairs

Military members from 13 countries listen as retired Sgt. Maj. David R. Windsor, a volunteer at the Fort Sam Houston museum, explains changes to the combat medic's uniform through the years.

Finding common ground

Third Army brings nations together for medical symposium

By **STAFF SGT. MYLINDA DUROUSSEAU**
Third Army/ARCENT Public Affairs

SHAW AIR FORCE BASE, S.C. — More than 50 military medical personnel from 13 countries traveled to San Antonio, Texas, to discuss military medicine in the 21st century during a medical symposium hosted by Third Army/ARCENT.

The symposium, one of 19 medical theater security cooperation events Third Army/ARCENT's surgeons office is scheduled to host this year, gave participants the opportunity to hear from key leaders at the Army Medical Department Center and School, Fort Sam Houston, Texas. Observing U.S. service members training in an open environment encouraged representatives from each nation to have discussions and build relationships.

"The ultimate benefit I have seen is when you see (people from) other countries start to talk to each other and start to learn more about each other," said Col. Bertram C. Providence, Third Army/ARCENT command surgeon.

Third Army/ARCENT's surgeons office hosts medical TSC events throughout the area of operations, but the symposium was the first multilateral event it hosted in the U.S.

"It was easy to decide to choose San Antonio as the location," said Capt. Keyia Carlton, Third Army/ARCENT medical plans and operations officer. "It is near Fort Sam Houston, where the Army Medical Depart-



Medical officers from Lebanon and the United Arab Emirates look on as Soldiers use oranges and bananas to practice sutures. More than 50 military medical personnel from 13 countries traveled to San Antonio, Texas to discuss military medicine in the 21st century during a medical symposium hosted by Third Army/ARCENT.

ment Center and School is located, and there is a wealth of medical knowledge there."

The symposium gave participants the opportunity to hear key leaders at the MDCS speak on subjects ranging from the New Medical Diplomacy to care on the battlefield as well as the masters, doctorate and the more than

100 positions available to foreign students at the MDCS.

Participants were also given a tour of training facilities at Fort Sam Houston enabling them to see medical equipment currently used by U.S. service members and observe Soldiers during a mass casualty training exercise.

Medical TSC events are an opportunity for Third Army/ARCENT to exchange information with other countries, allowing them to learn how other medical providers supply care in a variety of environments, and be better prepared to treat Soldiers during joint missions across the globe, Carlton said.

Bringing the symposium to the U.S. allowed participants to talk to each other without scrutiny or concern, Providence said.

The symposium had representation from Pakistan, Iraq, Kazakhstan, Kyrgyzstan, Jordan and Turkmenistan, as well as seven other countries from the Third Army/ARCENT area of operations. For future TSC events Third Army/ARCENT will travel to other nations and exchange medical information as well as provide the same medical training currently given to U.S. service members.

While these nations may not always agree in other areas, each of them agreed that the goal is to learn how to better save lives on the battlefield and provide their military with the best health care possible.

"No matter what country you're in, a health care provider's job is to heal and that's universal," Providence said.

CPAC CORNER

STEPS TO APPLY UNDER
USA STAFFING

Step 1: Create accounts for USAJOBS and Application Manager. A USAJOBS account is needed to apply for all Army positions. If you do not already have an account, go to www.usajobs.gov and click on “First Time Visitors” and then “Create an Account.” An Application Manager account will be required when you apply for jobs under USA Staffing. Go to <https://www.applicationmanager.gov> and click on “Create an Account” then follow the directions.

Step 2: Pre-position your resume. You may create and store up to five versions of your resume in your USAJOBS account. This allows you to tailor your resume content if you have significantly different types of experience or skills and apply for jobs in different occupational areas. Be sure that your resume clearly describes the duties you have performed and the level of your experience. Include the beginning and ending dates for each job and the hours worked if less than full time. If you include volunteer experience, be sure to include the amount of time spent and describe the work you did.

Step 3: Upload supporting documents.

Some documents are required to verify your eligibility for employment, veteran's preference, education or credentials. You can scan these documents, save them on your computer, and upload them to your USAJOBS account by following the instructions under the “Upload a New Document” section. Once you correctly upload a document, it is available for use in all future applications.

Step 4: Make sure your account always has your current contact information, especially your email address. Review and update your resume periodically so it is ready to use when you find a vacancy in which you are interested.

By pre-positioning your resume and supporting documents in your USAJOBS account, you will be ready to quickly respond when you see a vacancy that interests you. If your resume and supporting documents are loaded in your account, the only requirement to finalize your application package will be completion of the assessment questionnaire for the specific job you are applying for.

If you have questions or need more information, contact the Civilian Personnel Advisory Center via email at usarmy.jackson.93-sig-bde.mbx.cpac-usa-staffing@mail.mil. Responses to general questions will be posted on the Fort Jackson CPAC website at <http://www.jackson.army.mil/sites/garrison/pages/735>.



Photo by C. TODD LOPEZ, Army News Services

The Army will soon begin expanded testing of Soldiers for unauthorized prescription drugs, in addition to currently tested illegal substances.

Army to test for prescription drug abuse

By **ROB MCILVAINE**
Army News Services

WASHINGTON — The Army will soon begin expanded testing of Soldiers for unauthorized prescription drugs, in addition to currently tested illegal substances.

“We’re starting with hydrocodone and hydromorphone as the first expansion (of testing),” said Lt. Col. Shaun Bailey, chief of the drug testing branch at the Army Center for Substance Abuse Programs. He explained that these two painkillers are widely used, as they are found in Vicodin and other brand-named drugs.

“We will continue to expand and increase our prescription drug-testing capabilities in the months to come,” Bailey said. “We’re not limiting ourselves in this initial announcement.”

The expanded testing of urinalysis samples will begin around May 1 and ramp up as more labs come online, Bailey said. The program will be fully implemented Army-wide by Oct. 1 as part of the Army’s crack-

down on prescription drug abuse.

“We point toward the recent numbers that came out in the Army Gold Book — the Army 2020 Generating Health and Discipline in the Force, Report 2012 — about the deaths in the Army related to prescription drugs as a warning and a message to the force about the seriousness,” Bailey said.

Even when used correctly, he said, prescription drugs pose a hazard if mixed with alcohol.

“We’ve sort of become desensitized as a culture to the danger because it’s so common. In my household, I became aware of the danger of prescription drugs. I have two small children at home. I went to our medicine cabinet and cleaned out all the prescription drugs because I didn’t want my sons getting their paws on that stuff,” he said. “I would encourage people to take that risk seriously and to take the time to know what’s in your medicine cabinet.”

Bailey said there are stiff penalties for taking unauthorized medications.

“Now we’re doing education to try and

inform but ultimately these are Schedule 1 controlled drugs. If you took my prescription pill out of my medicine cabinet, that’s a felony. It’s like taking heroin. You’re going to pay the price,” he said.

“If you have a valid prescription for the medication, you’re good to go. We want to treat our Soldiers, so we’re only trying to pass the message that now is the time to take account of what you’re doing for your health and well-being,” he said.

“So say you hurt your back in Afghanistan and they gave a prescription for hydrocodone, which is Vicodin, very common trade name, which I’m not endorsing, and you’re back in the States with no active prescription. But you have a bottle in your house, which you get after turning around in your garage and twisting your back.

“If you take the Vicodin without a prescription — that is criminal behavior we want to educate people about. So go to the doctor, go to the emergency room, go wherever and get a valid prescription and do what they tell you to do.”

Want more Fort Jackson news?
Watch Fort Jackson video news stories and Victory Updates
at <http://www.vimeo.com/user3022628>

AFAP conference addresses issues

By **ROB McILVAINE**
Army News Service

ARLINGTON, Va. — The annual Army Family Action Plan Conference has brought 53 delegates here this week from garrisons across the Army to discuss 51 issues important to families, wounded warriors and Soldiers.

These issues — brought up through the AFAP process begun at the garrison level — will be pared down over the next three days to eight, and then presented to senior Army leaders, Friday.

“As Secretary of the Army John McHugh stated at a congressional breakfast earlier this month, ‘whatever challenges you face we are not going to balance this budget on the backs of our Soldiers and our families,’” said Lt. Gen. Lloyd J. Austin III, Army vice chief of staff.

“In fact, we have doubled the amount of spending we’ve had for family programs over the last several years, from \$600 million to \$1.2 billion. I promise you, families are the nucleus of our Army and we will make sure that you are properly cared for,” Austin said, adding the delegates need to make sure the Army gets it right, given the challenges faced after more than a decade of war.”

More Soldiers will be returning home and staying home, he said, and many of them are suffering the effects of war: physical, mental and emotional, and will need the proper care.

“As we begin the long and difficult process of transition, we need to understand where assistance is required, and where resources may be applied most effectively.”

“Two things I’ve asked you to do this week: I’ve asked you to be critical, but I’ve also asked you to be creative. Being



IMCOM photo

Secretary of the Army John McHugh speaks at the 2012 Army Family Action Plan General Officer Steering Committee meeting in Arlington, Va.

critical is helping to identify the issue or problem, being creative is being part of the solution,” Austin said.

The issues being worked by the four working groups this week fall under four headings: Family Support; Medical, Dental, and Wounded Warriors; Personal Well-Being; and Soldier Support.

Also, during this week, the General Officer Steering Committee, or GOSC, will be working on resolving 37 issues, some of which entered AFAP as early as 2002. On Friday, members will be notified of the eight issues the working groups decide upon.

The GOSC issues at this conference

fall under five major headings: Wellness and Behavioral Health; Civilian Employment; Soldier Support and Entitlements; Medical; and Family Support.

“We will continue to take care of Soldiers and families,” said Lt. Gen. Michael Ferriter, commander, U.S. Army Installation Management Command and assistant chief of staff for Installation Management.

“AFAP is critical to the delivery of the Army Family Covenant because it gives our Army leaders the expectations of the Army community. Through the AFAP process and this conference, you identify quality of life issues to senior Army leaders for action.”

Anyone can get involved in the AFAP, he said.

“It’s a program where anyone from a private to a spouse, retiree, wounded warrior, Gold Star survivors, or Department of the Army civilians can have a direct impact. Through AFAP, you can help shape the Army. What you’re doing this week touches our Army families, and all Army components: active, Army Reserve and Army National Guard,” Ferriter said.

One point of the AFAP conference, Austin said, is to keep as many programs and services as possible, while eliminating redundancies.

“We’ve been transitioning over the past 10 years,” Austin said. “And because of the hard work done by people like you, our families have proven that they are resilient, our Soldiers are resilient, you have worked hard to make that happen, you have helped us create programs that are just remarkable, but we have demonstrated that as an entire force, that we are resilient, we’re agile, and we’re adaptive.”

AFAP creates an information loop between the global Army family and leadership. Information provided through this process gives commanders and leaders insight into current satisfaction detractors, quality of life needs, and expectations of Army constituents.

Since AFAP began in 1983, results have included 126 legislative changes, 177 Army and Office of the Secretary of Defense policies changes, and 197 changes and/or improvements to programs and services.

The Army is the only military service that has instituted such a grassroots program, yet the results benefit all branches, with about 60 percent of AFAP issues applicable across the Department of Defense.

NEC Signals

Tablets and tablet-style devices have been flooding the commercial market for the last few years. With so many makes and models, it is difficult for consumers to choose the right device. Even though the iPad is a highly popular device for personal use, trying to secure it and make it usable for Army networks has not been achieved and remains an ongoing effort.

New mobile computing devices are tested by the Army for their ability to secure the data and network before they are sanctioned for use on its networks. The first such product was recently approved for network use — the Fujitsu Q550 Slate tablet, which operates on the Windows 7 platform. It includes an integrated

Common Access Card reader, which allows network authentication and access to CAC-enabled websites. It also supports encryption and data-at-rest standards.

Fort Jackson units and organizations considering the purchase of tablet devices are reminded that all hardware and software purchases must be done via the Army Computer Hardware, Enterprise Software and Solutions, or CHESS, website at <https://chess.army.mil/ascp/commerce/index.jsp>. To make a purchase, the following conditions must be met:

❑ Users must request and obtain a CHESS-approved third-party vendors or sources waiver for tablets or similar items not sold directly by CHESS

prior to procurement.

❑ Unit/organization G6(s), information management officers, or information assurance support officers must submit an information technology requisition to the NEC for approval. The ITR should include any waiver(s) and quotes required for purchase approval.

❑ The unit/organization is required to schedule the installation of the Army Gold Master baseline imaging before allowing connectivity to the Army network.

For more information about tablet devices and their use on Fort Jackson, contact the NEC Information Assurance Policy Management Branch at 751-2942 or email Jennifer.L.Phiper@us.army.mil.

Leader deadlines

Article submissions are due two weeks before publication.

For example, an article for the March 15 Leader must be submitted by today.

Announcement submissions are due one week before publication.

For example, an announcement for the March 15 Leader must be submitted by March 8.

Send your submissions to FJLeader@gmail.com.

For more information, call 751-7045.

Calendar

Today
AER Campaign kickoff
10 a.m., Joe E. Mann Center

Saturday
Literary Fair
10 a.m. to 1 p.m., Solomon Center

Tuesday
Hiring our Heroes job fair
10 a.m. to 4 p.m., Solomon Center

Tuesday
National Consumer Protection Week event
11:30 a.m. to 1 p.m., NCO Club
The guest speaker will be Martha Phillips, attorney with South Carolina Department of Consumer Affairs. The cost for the lunch is \$9.

Thursday, March 8
SSI Change of Command
10 a.m., Officers’ Club
Brig. Gen. Mark McAlister will relinquish command to Brig. Gen. David MacEwen.

Wednesday, March 14
ROWC luncheon
11:30 a.m., Officers’ Club
The guest speaker will be Leon Lott, Richland County Sheriff. Registration is required by 3 p.m., March 9. For more information and to register, call 788-1094 or 783-1220.

Tuesday, March 20
LTG Maude Leadership Conference
3 p.m., Solomon Center

Friday, March 23
Women’s History Month luncheon
11:30 a.m. to 1 p.m., Solomon Center
The guest speaker will be Chief Warrant Officer 5 Coral Jones.

Housing events

All events are held in the Community Center, 520 Brown Ave., unless otherwise specified. Call 738-8275 for information.

Throughout March
Plastic bag recycling
Take your plastic grocery bags to the Community Center during the month of March. Residents will receive a raffle ticket for every 20 bags.

Friday, 6 to 8 p.m.
Dr. Seuss birthday party
Celebrate Dr. Seuss’ birthday with

crafts, refreshments and a movie screening of “Horton Hears a Who.” To RSVP call 738-8275 or email ayoungblood@bbcgrp.com.

Friday, March 9, 3 p.m.
Bling-A-Tote
Children and adults are invited to personalize reusable tote bags. Supplies are limited. To RSVP call 738-8275 or email ayoungblood@bbcgrp.com.

Announcements

SLOGAN SOUGHT
Imboden Street Child Development Center now offers enhanced extended hours care to provide overnight and week-end child care. The service is available to Soldiers who have verification from their chain of command that mission requirements necessitate the child care. For more information, call 751-1672 or email [Rose. Edmond@us.army.mil](mailto:Edmond@us.army.mil).

OPERATION BE FIT
AAFES launched a website to promote healthful nutrition, fitness programs, family activities and overall wellness for Soldiers, retirees and family members. For more information ,visit www.opbefit.com.

DENTAL ASSISTANTS CELEBRATED
Fort Jackson dental clinics will celebrate Dental Assistants Recognition Week March 4-10 to recognize the contributions dental assistants make to the dental profession.

SLOGAN SOUGHT
The Fort Jackson Environmental Management Branch is seeking ideas for a recycling slogan. Submissions are due today. Send your ideas to Lisa.A.Mcknight11.ctr@mail.mil. The winning slogan will be used for upcoming recycling events and items.

TELEPHONE BOOK RECYCLING
Old telephone books can be dropped off at the Fort Jackson Recycling Center through March 31. Phone books can be turned in from 7 a.m. to 3 p.m., Monday through Friday, and from 8:30 a.m. to 3:30 p.m., Saturday. For more information, call 751-4208.

RED CROSS OFFERS WORKSHOP
The American Red Cross is offering “Reconnection Workshops” to support and ease service members’ transition home after deployment. The workshops focus on one-on-one and small group discussions to enhance the likelihood of positive recon-

nections among family members. Service members who are interested in a workshop locally should call 751-4329 or email jack-sonredcross@yahoo.com.

LUNCH WORKOUT
The 187th Ordnance Battalion Functional Training Center offers lunchtime workouts at noon, Tuesdays and Fridays, at 2250 Sumter Ave. For more information, call 751-9740 or email Sophie.Hilaire@us.army.mil.

SAT TESTING
The Education Center will administer SAT testing March 12. Testing is available to eligible service members only. For more information and to register, visit the Education Center or call 751-5341/5342.

MG URSANO SCHOLARSHIP
The MG James Ursano Scholarship Program offers scholarships for dependent children of active, retired and deceased Soldiers. The scholarships are awarded based on financial need, academics and leadership/achievement. The deadline to apply is April 2. For more information, visit www.aerhq.org or call (866) 878-6378.

AA MEETINGS
Fort Jackson Alcoholics Anonymous has scheduled open meetings for 9 to 10 a.m., Wednesdays and Fridays, at 9810 Lee Road. For more information, call 751-6597.

UNIT PREVENTION LEADER CLASS
The next Army Substance Abuse Program Unit Prevention Leader class is scheduled from 8 a.m. to 4 p.m., March 26-30 at 9810 Lee Road. For more information, call 751-7949/5007.

Visit the community calendar at www.jackson.army.mil for a full listing of calendar events.
Send your announcements to fjleader@

gmail.com. Community announcements may be edited to comply with Leader style and Public Affairs regulations. Announcements are due one week before the publication date. For more information, call 751-7045.

For information about classified advertising, contact Camden Media Co. at 432-6157. Classified ads may also be sent by fax to 432-7609 or by email to skaress@ci-camden.com. For information about display advertising, contact Kathy at 786-5681.

Off-post events

The Fort Jackson Leader accepts only off-post announcements for those organizations or events that directly relate to service members and their families.

MARINES WANTED
The Marine Corps League, Detachment 829 is looking for Marines to join. For more information, email hhulett156@bellsouth.net.

173RD AIRBORNE ANNIVERSARY
The 173rd Airborne Brigade National Memorial Foundation will host a celebration to commemorate the 50th anniversary of the brigade March 21-24 at Fort Benning, Ga. The event will include a reading of the names of fallen Soldiers from the brigade. For more information, visit www.173dairbornememorial.org or email ramirez173@hotmail.com.

OCS ALUMNI REUNIONS
The Army Officer Candidate Schools Alumni Association, Inc. has scheduled reunions for graduates of Army officer candidate schools, regardless of location or branch, April 25 through 29 at Fort Benning, Ga. For more information, email Army@OCSAlumni.org or call (706) 221-8720.

Training honors



COLE

187TH ORDNANCE BATTALION

CADRE OF THE CYCLE
Staff Sgt. Jean Monvilus

INSTRUCTOR OF THE CYCLE
Theodore Cole



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and Victory Updates
at <http://www.vimeo.com/user3022628>



ACS Calendar of Events — March

THURSDAY, MARCH 1

- ❑ **In-processing/re-entry brief** — 7:30 to 8:30 a.m.; Strom Thurmond Building, Room 222
- ❑ **English as a second language workshop** — 12:30 to 3 p.m.; Strom Thurmond Building, Room 222

MONDAY, MARCH 5

- ❑ **English as a second language workshop** — 9 to 11:30 a.m.; Strom Thurmond Building, Room 222

TUESDAY, MARCH 6

- ❑ **In-processing/re-entry brief** — 7:30 to 8:30 a.m.; Strom Thurmond Building, Room 222
- ❑ **“Hiring our Heroes” job fair** — 9:45 a.m. to 4 p.m.; Solomon Center. For more information, visit www.hoh.greatjob.net
- ❑ **National Consumer Protection Week luncheon** — 11:30 a.m. to 1 p.m.; NCO Club
- ❑ **English as a second language class** — 5 to 7 p.m.; Main Post Library

WEDNESDAY, MARCH 7

- ❑ **Job searching strategies** — 8:30 a.m. to noon; Strom Thurmond Building, Room 222
- ❑ **Post newcomer orientation/tour** — 9 to 11 a.m.; Post Conference Room
- ❑ **Scholarships for military family members** — 1 to 2 p.m.; Strom Thurmond Building, Room 222
- ❑ **Phase II Levy overseas move brief** — 2:30 to 3:30 p.m.; Strom Thurmond Building, Room 213

THURSDAY, MARCH 8

- ❑ **In-processing/re-entry brief** — 7:30 to 8:30 a.m.; Strom Thurmond Building, Room 222
- ❑ **English as a second language workshop** — 12:30 to 3 p.m.; Strom Thurmond Building, Room 222
- ❑ **EFMP support group (ceramic painting)** — 4:30 to 5:30 p.m.; 3499 Daniel Street
- ❑ **Teen workshop: How to get a summer job on Fort Jackson** — 5 to 7 p.m.; 3499 Daniel Street

SATURDAY, MARCH 10

- ❑ **Teen workshop: How to get a summer job on Fort Jackson** — 10 a.m. to noon; 3499 Daniel Street

MONDAY, MARCH 12

- ❑ **English as a second language workshop** — 9 to

11:30 a.m.; Strom Thurmond Building, Room 222

TUESDAY, MARCH 13

- ❑ **In-processing/re-entry brief** — 7:30 to 8:30 a.m.; Strom Thurmond Building, Room 222
- ❑ **Resume writing/interviewing skills workshop** — 8:30 a.m. to noon; Strom Thurmond Building, Room 222
- ❑ **English as a second language workshop** — 5 to 7 p.m.; Main Post Library

WEDNESDAY, MARCH 14

- ❑ **Steps to federal employment** — 9 a.m. to noon; Strom Thurmond Building, Room 222

THURSDAY, MARCH 15

- ❑ **In-processing/re-entry brief** — 7:30 to 8:30 a.m.; Strom Thurmond Building, Room 222
- ❑ **AFTB new volunteer orientation** — 9 to 10:30 a.m.; Family Readiness Center
- ❑ **English as a second language workshop** — 12:30 to 3 p.m.; Strom Thurmond Building, Room 222
- ❑ **Total Army sponsorship training** — 1:30 to 2:30 p.m.; Strom Thurmond Building, Room 213

MONDAY, MARCH 19

- ❑ **English as a second language class** — 9 to 11:30 a.m.; Strom Thurmond Building, Room 222

TUESDAY, MARCH 20

- ❑ **In-processing/re-entry brief** — 7:30 to 8:30 a.m.; Strom Thurmond Building, Room 222
- ❑ **Lunch and learn: From zero to a welding career in 10 weeks** — noon to 1 p.m.; Strom Thurmond Building, Room 222
- ❑ **EFMP bowling** — 3:30 to 5:30 p.m.; Century Lanes; must be enrolled in EFMP; RSVP required
- ❑ **English as a second language class** — 5 to 7 p.m.; Main Post Library

WEDNESDAY, MARCH 21

- ❑ **Job searching strategies** — 8:30 a.m. to noon; Strom Thurmond Building, Room 222

THURSDAY, MARCH 22

- ❑ **In-processing/re-entry brief** — 7:30 to 8:30 a.m.; Strom Thurmond Building, Room 222

- ❑ **Introduction to MS Office 2010** — 9 a.m. to noon; location provided during registration
- ❑ **EFMP Bouncerific** — 4:30 to 6:30 p.m.; 921 Longtown Road; participants must be enrolled in EFMP; RSVP required
- ❑ **English as a second language workshop** — 12:30 to 3 p.m.; Strom Thurmond Building, Room 222

FRIDAY, MARCH 23

- ❑ **AFAP steering committee meeting** — 10 to 11 a.m.; Post Conference Room

MONDAY, MARCH 26

- ❑ **English as a second language workshop** — 9 to 11:30 a.m.; Strom Thurmond Building, Room 222

TUESDAY, MARCH 27

- ❑ **In-processing/re-entry brief** — 7:30 to 8:30 a.m.; Strom Thurmond Building, Room 222
- ❑ **New federal job application process** — 9 to 11 a.m.; Strom Thurmond Building, Room 222; open to military spouses; call 751-4862 to register
- ❑ **New federal job application process** — 1 to 3 p.m.; Strom Thurmond Building, Room 222; open to military spouses; call 751-4862 to register
- ❑ **English as a second language class** — 5 to 7 p.m.; Main Post Library

THURSDAY, MARCH 29

- ❑ **In-processing/re-entry brief** — 7:30 to 8:30 a.m.; Strom Thurmond Building, Room 222
- ❑ **English as a second language workshop** — 12:30 to 3 p.m.; Strom Thurmond Building, Room 222

FRIDAY, MARCH 30

- ❑ **New federal job application process** — 9 to 11 a.m.; Strom Thurmond Building, Room 222; open to military spouses; call 751-4862 to register
- ❑ **Foreign Born Spouses/Hearts Apart line dancing** — 6 to 8 p.m.; to register, call 751-1124/9970 by March 16

All ACS classes require registration and are subject to change. To register, call 751-5256/4862/6325. Free child care may be available for events. For more information on child care, call 751-1124.

March Promotions

Name	Rank	Name	Rank	Name	Rank
BAUER, John W.	LTC	LEWIS, Lisa M.	SFC	JASMIN, Cherly	SSG
GERVING, Corey S.	LTC	MARSHALL, Benjamin B.	SFC	JNOPIERRE, Johnny J.	SSG
HAMILTON, Rapheal J.	LTC	MOORE, Don W.	SFC	LOPEZ, Leanna L.	SSG
MACCALMAN, Alexander D.	LTC	MORENO, Naomi C.	SFC	MONTES, Carlos	SSG
MARKOW, Tanya T.	LTC	PRICE, Leroy C.	SFC	MORRISON, Juliana E.	SSG
SQUIRES, Ryan R.	LTC	SALCIDO, Nicholas Jr.	SFC	PHILLIPS, Curtis W.	SSG
TEAGUE, Edward B. IV	LTC	SANCHEZ, Sabrina M.	SFC	RICHTER, Nicole M.	SSG
WITHERSPOON, Cleveland	CW5	SPRAUVE, Tiera N.	SFC	ROGERS, Deandria N.	SSG
MCCAULEYCOOK, Shawn M.	CW3	STANFIELD, Kevin J. Jr.	SFC	VALVERDE, Jose A.	SSG
CAIN, Mark A.	MSG	THOMAS, Ananka J.	SFC	WOODARD Derek S.	SSG
JONES, Rochelle D.	MSG	THOMAS, Jennifer R.	SFC	DE LOS RIOS, Omar A.	SGT
ALTER, Samuel J.	SFC	THOMAS, Jocelyn C.	SFC	GIBBS, Randy L.	SGT
BURRELL, Sierra L.	SFC	VASQUEZ, Carlos A.	SFC	JOHNSON, Deshaun C.	SGT
CADENGO, Raquel K.	SFC	VAUGHN, Charles E. Jr.	SFC	RALL, Chase J.	SGT
CLAUDIO, Margarita	SFC	CERVANTES, John T.	SSG	RAMOS, Elizabeth S.	SGT
DIAZ, Isaac	SFC	CRUZ, Jakelin O.	SSG	TARDY, Terrell R.	SGT
GRIFFIS, John A.	SFC	GRAHAM, Candice T.	SSG	VEAL, Shaketa D.	SGT
GUZMAN, Alissa M	SFC	HANN, Stephen P.	SSG	WITT, Andrea S.	SGT
HUTCHINSON, Valerie A.	SFC	HARRIS, Andreane M.	SSG		
LEE, Jordan R.	SFC	HEJL, Bradley D.	SSG		

SKIES SPRING SCHEDULE

The following SKIESUnlimited classes are scheduled through May:

SCHOOL OF ACADEMIC SKILLS, MENTORING AND INTERVENTION

- ☐ Bright SKIES Academy (for ages 3 and 4): 9 to 10:30 a.m.; Monday, Wednesday, Friday; 5614 Hood St., Room 9
- ☐ Bright SKIES Prep (for ages 2 1/2 and 3): 8 to 9 a.m.; Tuesday and Thursday; 5614 Hood St., Room 9
- ☐ Preschool Spanish (for ages 3 and 4): 9 to 10 a.m.; Tuesday and Thursday; 5614 Hood St., Room 9
- ☐ Beginner Spanish (for ages 5 through 14): 4:30 to 5:30 p.m.; Monday; 5614 Hood St., Room 9
- ☐ Kinder Spanish (for ages 4 and 5): 4:30 to 5:30 p.m.; Tuesday; 5614 Hood St., Room 9
- ☐ Intermediate Spanish (for ages 10 through 18): 4:30 to 5:30 p.m.; Wednesday; 5614 Hood St., Room 9

SCHOOL OF ARTS, RECREATION AND LEISURE

- ☐ Pre-ballet (for ages 3 through 5): 5 to 5:45 p.m.; Monday; 6100 Chesnut Road, Dance Studio
- ☐ Jazz/hip-hop (for ages 6 through 12): 6 to 7 p.m.; Monday; 6100 Chesnut Road, Dance Studio
- ☐ Creative movement/Scales (for ages 2 through 5): 9:15 to 9:45 a.m.; Tuesday; 6100 Chesnut Road, Dance Studio
- ☐ Junior hip-hop (for ages 5 through 11): 4 to 4:45 p.m.; Tuesday; 5978 Imboden St., SAC gym
- ☐ Creative movement/Imboden (for ages 2 through 5): 10:30 to 11 a.m.; Tuesday; 5979 Imboden St., CDC gym
- ☐ Junior hip-hop (for ages 5 through 11): 4 to 4:45 p.m.; Thursday; 5614 Hood St., Room 8
- ☐ Hip-hop (for ages 12 through 14): 5:15 to 6 p.m.; Wednesday; 5979 Chesnut Road
- ☐ Cool crafts (for ages 3 through 18): 5:15 to 6:30 p.m.; Thursday; 5614 Hood St., Room 9

- ☐ Arts and crafts, preschool (for ages 3 through 5): 10 to 11 a.m.; Tuesday and Thursday; 5614 Hood St., Room 9
- ☐ Piano, private lessons (for ages 3 through 18): 4 to 4:30 p.m., 4:30 to 5 p.m., 5 to 5:30 p.m., 5:30 to 6 p.m. and 6 to 6:30 p.m.; Monday through Thursday; 6100 Chesnut Road

SCHOOL OF LIFE SKILLS, CITIZENSHIP AND LEADERSHIP

- ☐ Baby sitter certification (for ages 13 through 18): 10 a.m. to 2 p.m.; April 2 and 3; 5975 Chesnut Road
- ☐ Child abduction prevention (for ages 5 through 14): 1 to 2:30 p.m.; March 31; 5614 Hood St., Room 9
- ☐ Child and infant CPR/FA certification (for ages 10 through 18): 10 a.m. to 2 p.m.; April 3; 5975 Chesnut Road
- ☐ imAlone training (for students in grades 5 through 12): 4 to 6 p.m.; March 30; 5614 Hood St., Room 9
- ☐ Driver’s education (for ages 15 through 18): 8:30 a.m. to 4:30 p.m.; March 3, March 17, March 31, April 14, April 28, May 12 and May 26; 7356 Garners Ferry Road
- ☐ Baby signing time (for ages newborn through 3): 10 to 11 a.m.; Thursday; 5614 Hood St., Room 8
- ☐ Signing time (for ages 4 through 10): 11 a.m. to noon; Thursday; 5614 Hood St., Room 8

SCHOOL OF SPORTS, HEALTH AND FITNESS

- ☐ Lil kickers (for ages 3 through 5): 5:15 to 6 p.m.; Friday; 6100 Chesnut Road, Gym
- ☐ Karate, beginner (for ages 6 through 18): 6:15 to 7:15 p.m.; Friday and 3 to 4 p.m.; Saturday; 6100 Chesnut Road, Gym
- ☐ Karate, intermediate (for ages 6 through 18): 4:15 to 6:15 p.m.; Saturday; 6100 Chesnut Road, Gym
- ☐ Parent and child tumble bugs (for ages 2 through 5): 5:15 to 6 p.m.; Wednesday; 6100 Chesnut Road,

Gym

- ☐ Gymnastics 1-3 (for ages 5 through 18): 6 to 7 p.m.; Wednesday; 6100 Chesnut Road, Gym
- ☐ Gymnastics 4 and tumbling (for ages 6 through 18): 7 to 8 p.m.; Wednesday; 6100 Chesnut Road, Gym
- ☐ Open recreation gymnastics 1 (for ages 5 through 18): 6 to 8 p.m.; first Friday of each month; 6100 Chesnut Road, Gym
- ☐ Open recreation gymnastics 2 (for ages 5 through 18): 6 to 8 p.m.; third Friday of each month; 6100 Chesnut Road, Gym
- ☐ Beginner tumbling (for ages 4 through 15): 4 to 5 p.m.; Thursday; 6100 Chesnut Road, Gym
- ☐ Beginner cheerleading (for ages 4 through 14): 5 to 6 p.m.; Thursday; 6100 Chesnut Road, Gym
- ☐ Brazilian jujitsu, beginner (for ages 5 through 18): 6 to 7 p.m.; Monday; 6100 Chesnut Road, Gym
- ☐ First tee golf
 - For ages 5 through 10: 4 to 5 p.m.; Tuesday and Thursday; April 17 through May 17; 5975 Chesnut Road
 - For ages 11 through 18: 5 to 6 p.m.; Tuesday and Thursday; Feb. 28 through March 29 or April 17 through May 17; Fort Jackson Golf Course
- ☐ Tennis, beginner (for ages 5 through 10): 6 to 7 p.m.; Tuesday; Semmes Road Tennis Court
- ☐ Tennis, beginner (for ages 11 through 18): 7 to 8 p.m.; Tuesday; Semmes Road Tennis Court
- ☐ Swimming, parent and child (for ages 6 months through 3): 10:45 to 11:15 a.m.; Tuesday and Thursday; Knight Pool
- ☐ Swimming, preschool (for ages 3 through 5): 10 to 10:30 a.m.; Tuesday and Thursday; Knight Pool
- ☐ Swimming, beginner (for ages 6 through 18): 4:45 to 5:30 p.m.; Tuesday and Thursday; Knight Pool; sessions begin March 1, April 3 and May 1.

For more information, call 751-6777 or visit www.fortjacksonmwr.com/skies. To sign up online, visit <https://webtrac.mwr.army.mil/webtrac/Jacksoncymys.html>.

Exercise smart to avoid overtraining

By LISA YOUNG

U.S. Army Public Health Command

It is an accepted fact that exercise is essential for a healthy body and mind. However, is it possible to get too much exercise?

When a person pushes the body too hard or too long and does not give it a chance to recover with adequate time, rest and nutrition, it can result in overtraining.

Overtraining can occur with aerobic exercises, such as running, biking or swimming, and with resistance exercises, such as weightlifting. Overtraining occurs when either exercise volume or intensity exceeds what a person should be doing for an extended period of time.

Training volume can be excessive if more exercises are added, additional repetitions or sets are performed, or the frequency of the exercise is increased for too long. In contrast, overtraining due to excessive intensity occurs when too heavy a resistance is used for an extended time. These principles apply to elite athletes as well as to people who exercise for general health and fitness.

So how do exercisers know when they are doing more than they should?

Regular exercise and physical training are healthy habits that should make a person feel better, not worse. If a person is experiencing overtraining signs and symptoms, he or she may be pushing too hard.

It is important to understand that the signs and symptoms of overtraining may not all be present, and the presence of some symptoms does not necessarily mean a person is overtraining. The true test of whether overtraining is tak-

ON THE WEB

For more information, visit:

Centers for Disease Control and Prevention: www.cdc.gov/physicalactivity/everyone/guidelines/index.html

American College of Sports Medicine: www.acsm.org/

ing place is whether performance is impaired or plateaued.

Some of the frequent signs of overtraining cited by the American College of Sports Medicine are these:

- Decreased performance in strength, power, muscle endurance or cardiovascular endurance.
- Decreased training tolerance and increased recovery requirements.
- Decreased coordination, reaction time or speed.
- Altered resting heart rate, blood pressure and respiration patterns.
- Decreased body fat and post-exercise body weight.
- Increased basal metabolic rate.
- Chronic fatigue.
- Sleep disorders.
- Decreased appetite and weight loss.
- Menstrual disruption.
- Headaches or gastrointestinal distress.
- Muscle, joint and tendon aches and stiffness.
- Decreased rate of healing and increased occurrence

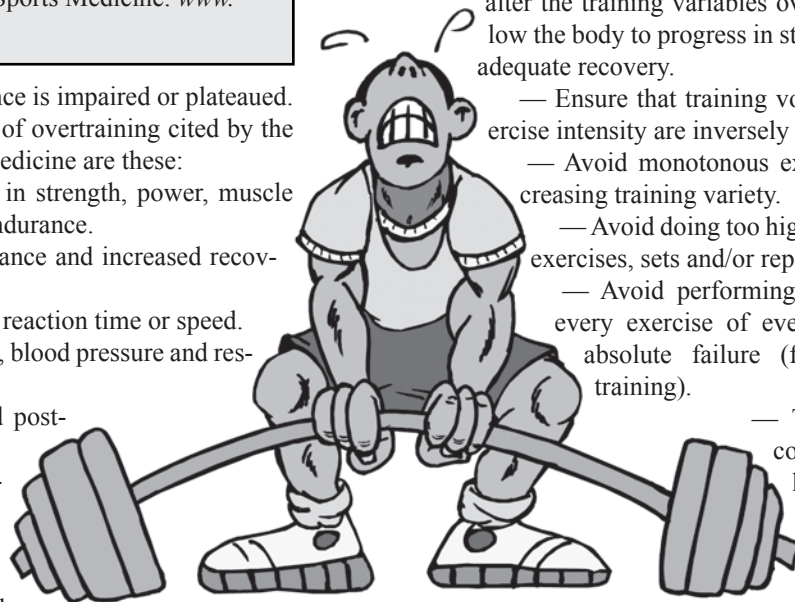
of illness.

What should a person do if overtraining has occurred? There are several simple steps that can be taken to alleviate and correct this condition:

- Add one or more recovery days to each training week.
- Include periodized exercise programs that gradually alter the training variables over time to allow the body to progress in stages and have adequate recovery.
- Ensure that training volume and exercise intensity are inversely related.
- Avoid monotonous exercise by increasing training variety.
- Avoid doing too high a number of exercises, sets and/or repetitions.
- Avoid performing every set of every exercise of every session to absolute failure (for resistance training).

— Take into account the cumulative training effect of different kinds of exercise.

Exercise is a health habit that has many advantages. Be sure that your exercise program includes regular periods of recovery and that you reassess and adjust your training often. Done properly, exercise can bring lifelong benefits to the mind and body.



HPV causes cancer, other health issues

By BETHANN CAMERON

U.S. Army Public Health Command

Human papillomavirus, also called HPV, is the most common sexually transmitted infection. HPV is the leading cause of cervical cancer in women. In the U.S., about 12,000 women per year get cervical cancer and about 4,000 deaths occur each year. Understanding this STI can help save lives as well as prevent other non-life-threatening conditions.

According to the Centers for Disease Control and Prevention, approximately 20 million Americans are currently infected with HPV. Another six million people become newly infected each year. There are over 40 different types of HPV that can infect the genital areas of both men and women. At least 50 percent of sexually active men and women get HPV at some point in their lives.

Some types of HPV can cause genital warts, cancers and other health problems even when an infected partner has no symptoms. There is no way to know if a person who gets HPV will go on to develop cancer or other health problems.

Most people with HPV usually have no symptoms or health problems from it and

ON THE WEB

For more information, visit:

www.cdc.gov/std/HPV/STD-Fact-HPV.htm

www.cdc.gov/hpv/vaccine.html

www.vaccines.mil/default.aspx?cnt=disease/minidv&dID=58

pass the virus on to a partner without knowing they have done so. In 90 percent of cases, the immune system clears HPV naturally within two years. Signs and symptoms of HPV-related problems include the following:

— Genital warts: A small bump or group of bumps in the genital area. They can be small or large, raised or flat or shaped like a cauliflower.

— Cervical cancer: Usually there are no symptoms until abnormal bleeding occurs at an advanced stage.

Other health problems related to HPV include cancers of the vulva, vagina, penis, anus and head and neck. They might not have signs until they are advanced and hard to treat.

People can lower their chances of getting HPV by using condoms, limiting their

number of sex partners or practicing abstinence. They can take the HPV vaccine as recommended by the CDC.

The vaccine works by preventing the most common types of HPV that cause cervical cancer and genital warts. It is given as three shots. The vaccines work best when given before becoming sexually active.

Two vaccines, Cervarix and Gardasil are available as protection against certain types of HPV that can lead to cervical cancer and genital warts. The Cervarix vaccine is approved for women 10 to 25 years old. It protects against the types of HPV that cause most cervical cancers. The Gardasil vaccine protects against the most common types of HPV that cause cervical cancer and genital warts. It is available to everyone who is 9 to 26 years old.

The HPV vaccines have been made available by the Army for Soldiers and family members. Contact your local health care provider to find out which vaccine may be the right choice for you or your family members.

Because the vaccine does not prevent all types of cervical cancer or other sexually transmitted diseases, women should continue to get routine screenings for cervical cancer by getting the Pap test (also called Pap smear) and the HPV test.

MACH UPDATES

FLU SHOTS

Seasonal flu shots are available to eligible beneficiaries 4 and older from 8 a.m. to 4 p.m., Monday through Friday, at the Immunization Clinic on the sixth floor of Moncrief Army Community Hospital. Children 3 and younger may be vaccinated at the Family Health Clinic on a walk-in basis.

REFILL PHARMACY

Moncrief Army Community Hospital Refill Pharmacy is located in the Exchange next to the UPS store. The Refill Pharmacy offers a 24-hour turnaround service. If prescriptions are called in before noon, they are ready for pick-up the following day after noon. All call-in medications are kept on the pick-up shelf for seven business days after they have been filled. After seven business days the medications are returned to stock.

To reprocess the medication, patients must call or come into the Exchange Refill Pharmacy to request the refill. The Refill Pharmacy hours of operation are: 9 a.m. to 6 p.m., Monday through Friday, and 9 a.m. to noon, Saturday.

For automated call in refills, call 751-2250 or (866) 489-0950. For the patient refill help line, call 751-4609.



Follow the Leader on Twitter at www.twitter.com/fortjacksonpao for breaking news and updates.

DART STANDINGS

Recreational teams	
1st CivDiv	13+
Sharp Shooters	10+
Intramural teams	
MACH	14+
2-60th	12+
4-10th	9+
120th, Team 1	9+
1-61st	9+
187th	8+
TFM	6+
120th, Team 2	5+
3-34th	5+

Standings as of Wednesday

WINTER BASKETBALL STANDINGS

Monday/Wednesday	
81st RSC	6-0
81st SRP	5-2
Swamp Foxes	3-3
175th	3-3
193rd	3-4
3-34th	2-2
TFM	1-4
120th	0-5

Standings as of Wednesday morning

Tuesday/Thursday	
187th	5-0
SSI	5-1
1-34th	5-2
4-10th	3-3
2-60th	3-4
1-61st	2-5
171st	1-5
2-39th	1-5

Sports shorts

LETTERS OF INTENT DUE

- Letters of intent for the following sports are now accepted by the Sports Office:
- ☐ Indoor volleyball; recreational and intramural; due March 20
 - ☐ Softball; recreational and intramural; due March 20
 - ☐ Golf; recreational and intramural; due March 21
- For more information, call 751-3096.

SHAMROCK SHUFFLE

The Shamrock Shuffle 5K walk/run and 10K run is scheduled for 8 a.m., March 17, at Hilton Field. The event is open to all ID card holders. Register at the Sports Office before race day or at Hilton Field from 6:30 to 7:30 a.m. on race day.

For more information about intramural sports, contact the Sports Office at 751-3096.

Interval training ... necessary for change

Many people try to get rid of unwanted pounds in a hurry. Consequently, everywhere you turn magazine articles, books and exercise DVDs promise fantastic weight loss in a short amount of time. How true are these statements? Can a person really take off a substantial, noticeable amount of weight in record time?

To achieve rapid results, we have to recognize that no weight loss exercise is complete without it having some sort of cardiovascular component attached to it. Exercising the heart muscle helps speed metabolism. Combining cardiovascular exercise with an intense burst of a strength move creates muscle conditioning and metabolism-revving harmony. If you are trying to lose weight in a hurry, your style of exercise is interval training. Unlike circuit training, interval training applies intense conditioning for a specific amount of time and is followed with a sufficient recovery time so that you can do it again and again and again.

This style of training pushes the heart and targeted muscle area so intensely that it creates change. Your current fitness level will determine how aggressive you will need to be with your interval training. Beginners will not have to work as diligently to see results as intermediate or advanced exercisers.

To make this workout a success, you want to focus on the bigger muscles in your body. When we use bigger muscles, we use up intramuscular energy. Bigger muscles store more of this energy than smaller ones, so if you use larger muscles, you get greater weight loss results.

Also, the longer you can work the interval, the more weight loss you can expect. Intervals that are more intense and longer yield more energy output. Your body will work harder to replace the energy lost — that equals weight loss.

BASIC INTERVAL TIPS:

- Aim for 60 to 75 second intervals
- Recover actively. Do not just stop and rest; instead do a lighter version of the move for 60 seconds while heart rate comes down.

THE EXERCISES

- 1: Plyo jumping jacks** — These jumping jacks are explosive because of how high the feet come off the floor. They are doable because they are performed in slower motion, forming somewhat of a squat with each repetition. Just think of doing slow jumping jacks with wide leg landings. Recovery: step out, out — in, in.
- 2: Mountain climbers** — Go to pushup position with the hands on the floor holding a weight in each hand. While in pushup position begin to alternate knee tucks to the opposite elbows at a fast pace. Keep your shoulders down and your midsection steady. To make this move less challenging you can have your hands on a bench and you do not have to hold the weights. You can also go slower, but you have to do the move on your toes. There is not a knee option. Recovery: walk the mountain and bring hips up and relax arms more.
- 3: Squat shoulder press** — This exercise is used with a heavy barbell or heavy dumbbells. As you squat down the arms are down. As you come out of

The Weigh It Is
By Pamela Long
Fitness programmer,
Family and Morale, Welfare
and Recreation



your squat, do a shoulder press move. This move is tempo paced to slightly fast. You need to be able to control the weight you have selected, especially because you will be doing a squat down, press up move. Recovery: do a smaller squat and press up without any weights.

4: Lateral hops — Hop or jump from side to side about 4 feet or more. You will land in a stick motion like a gymnast dismounting (not bouncy). Use light hand weights and push the body off in a ski like motion each time. Recovery: release the weights and don't jump so far apart.

5: Raised reverse lunge pulse — Place one foot on a 6-to 8-inch workout bench or step bench and the other foot on the floor. Hold medium to heavy weights in the hands. Begin to squat pulse down and up while alternating hammer curls for your biceps. Recovery: do smaller pulse, release weights

6: Jumping jack pushups — On the floor in pushup position on your toes; jack your legs apart and together at a rapid pace. You are holding onto heavy weights, which are on the floor. Try to keep your body low and do not let your buttocks stick too far up. Recovery: move in slow motion without the weight holding.

7: Plank pop ups — On the floor in pushup position; with one move pop up out of push up and onto your feet. You will stand about three-fourths of the way up. Then go back into push up position and repeat the move. Recovery: walk out into plank and walk back up out of plank (not pictured)

8: Tap the waist — This move is for the entire abdominal area. Begin on your back arms extended overhead. Place the hands on the waist; then sit all the way up (hands are still on the waist); simultaneously reach the arms forward and draw the right knee in and tap your ankle. Next, tap your waist and go back down with the arms extending over head. Recovery: do the move slowly

The eight exercises above can be used to create a total body interval training workout. Remember to train hard. You must give it all you have if you want to make a change in your body. Also, aim to perform your interval for no less than 60 seconds, and if you can, for 75 seconds. Push yourself, but don't overdo it. The more you train this way, the more efficient you will become, and you will be able to last longer in your intervals.

The second component to successful interval training in nutrition. Check out next month's column for nutritional tips that enhance your interval training. Got questions? Email me at Pamela.Greene1@us.army.mil.

THE EXERCISES

EXERCISE SCIENCE INTERN BRITTNEY SANDERS TAKES YOU THROUGH THE WORKOUT STRATEGY.
PHOTOS BY PAMELA GREENE



PCS move may not include new car

By **CAPT. ALANA HINES**
Legal Assistance Office

Before purchasing or leasing a vehicle, you should contemplate what might happen if you move overseas. You could wind up with a car that you have to make payments on, but can't take with you.

If your privately owned vehicle is leased or if a recorded lien exists, you must provide written approval from the "third-party-in-interest" (leasing company or lien holder) that expressly provides that the vehicle may be shipped overseas. Many lease or financing contracts actually explicitly prevent the purchaser or lessee from removing the vehicle from the contiguous United States.

Look over your contract carefully before signing to see if it includes a clause to this effect. Also keep in mind that even without such a clause, the lender may not sign the letter you will need. Most lenders are hesitant to provide such approval, because once the car leaves the United States, the lender has fewer options to repossess the vehicle.

If you are financing or leasing a vehicle and are preparing for a permanent change of station move overseas, contact the "third-party-in-interest" as soon as possible and explain your situation. Ask for written approval on letterhead paper.



The approval should contain a complete description of the vehicle, including the Vehicle Identification Number, the name of the owner or lienholder of the leased vehicle, and the telephone numbers at which that owner or lienholder may be contacted.

The writing must bear an original signature of an official of the leasing company or lienholder and state the date it was signed. The written approval must also include the leasing company or lienholder's acknowledgement that return shipment before the next permanent change of station is a private matter between the leasing company or lienholder and you.

If you are leasing a vehicle and the leasing company refuses to provide written approval, you may terminate your lease pursuant to the Servicemembers Civil Relief Act. The SCRA provides that a service member may terminate automobile leases entered into while on active duty if the service member receives PCS orders to a location outside the continental United States or deployment orders for a period of 180 days or longer.

Service members may also cancel pre-service automobile leases if they receive orders to active duty for a period of 180 days or longer, regardless of where they are stationed.

Although the SCRA offers protections for vehicle leases, it offers no such protections for vehicle purchase contracts. If the lender does not provide approval for you to take the vehicle overseas, there is no requirement to release you from your contractual obligation. Therefore, you may be forced to either store the vehicle stateside or sell it at a loss.

It may be tempting to use deployment money, an enlistment bonus or re-enlistment bonus to purchase a new vehicle, but if you know that you're headed overseas, you may want to reconsider. It may be the wiser option to stick with a vehicle that you already own (with no liens on it) or purchase a vehicle that you can afford without financing.

Fort Jackson Legal Office

The Fort Jackson Legal Office provides legal services — including powers of attorney, living wills and health care powers of attorney — to service members, retirees and eligible family members.

For more information, or to schedule an appointment to speak with an attorney, call 751-4287. Office hours are Monday through Friday, 9 a.m. to 4 p.m.

The office is closed on federal and training holidays. The office is located at 2600 Lee Road.

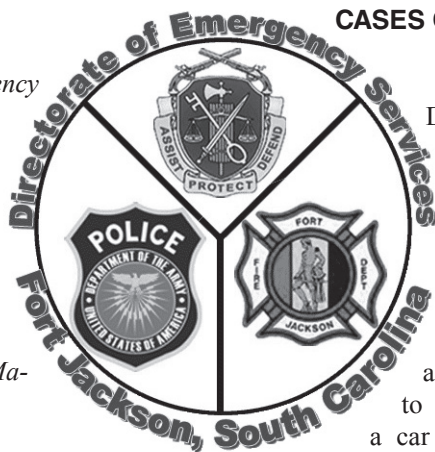
FIRST RESPONDER

Lt. Col. Raymond Simons
Director, Emergency Services

Maj. Bradford Fisher
Provost Marshal

Sgt. Maj. Bruce Sirois
Provost Sergeant Major

Bill Forrester
Fire Chief



CASES OF THE WEEK

❑ The Fort Jackson Fire Department evacuated a building and shut off a gas line after the line was damaged during construction work, officials said.

❑ Military Police said a service member who tried to enter the installation in a car with expired registration received a citation. The vehicle was towed off post.

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FORCE PROTECTION THOUGHT OF THE WEEK

Vulnerabilities: Weaknesses the adversary can exploit to get to the critical information

Are You the Weakest Link?

